

Principles of Orienteering

5 Tools

1. Map
2. Compass
3. Score card (punch card or Ecard)
4. Clue Sheet
5. Your Brain

5 Skills

1. Rough Map Reading
2. Precision Map Reading
3. Rough Compass Reading
4. Precision Compass Reading
5. Distance Estimation by Measure & Pace

5 Techniques

1. Attack Points
2. Aiming Off
3. Collecting Features
4. Catching Features
5. Use of the Handrail

5 Processes (using Skills and Techniques)

1. Orient the Map
 - a. Rough Compass Reading
 - b. Precision Map Reading
2. Terrain Association
 - a. Rough Map Reading
 - b. Precision Map Reading
3. Route Selection (use 5 Techniques)
4. Map Simplification and Map Memory
 - a. Precision to Rough Map Reading
 - b. Rough to Precision Map Reading
5. Relocation (SOFA)
 - a. Stop moving
 - b. Orient the map
 - c. Find a feature in the terrain
 - d. Acquire that feature on the map